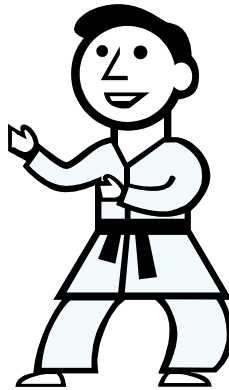


Classes forming now!

Taekwondo



Registration Fee:
\$42/ Residents
\$46/ Non-Residents

Session 7: November 10 — December 15

Session 1: January 5 — February 9

Session 2: February 16 — March 30

Session 3: April 13 — May 18

Class time: Mondays 6:00pm-6:40pm

In this beginning class you will discover an exciting, powerful, and defensive art that develops skills in self-protection, physical agility, and mental awareness. Students can increase muscle development and improve coordination, flexibility, and overall aerobic capacity. Themes discussed within the classes will include: goals, courtesy, self-control, integrity, dedication, self-awareness, perseverance, discipline and self-esteem.

Register at the Greenwood Community Center
881-4545